

CARNIVORA



MEDICINE

What is Carnivora Medicine (CM)?

Our Paleolithic ancestors thrived on a meat-fat-based diet for thousands of years. Only until the agricultural revolution did we start consuming grains and other row crops as the majority of our diet. As a result of this and other environmental factors, the U.S. now has more chronic disease than ever. This includes obesity, diabetes, autoimmune disease, Alzheimer's and dementia, ADHD, autism, cancer, etc. Most of these conditions are driven by lifestyle and environmental factors. Yet, we continually resort largely to prescription medication, surgical procedures, and other conventional interventions for treatment, neglecting the roots of these conditions.

Carnivora, by definition, is an order of placental mammals that primarily eat animal flesh. Humans naturally fall into this category based on our evolutionary history. Carnivora Medicine (CM) aims to restore human health as it was meant to be by utilizing a Paleolithic Ketogenic Diet (PKD), a meat-fat-based diet with little to no plant matter. The Paleolithic Ketogenic Diet has been documented in the medical literature to control, and in some cases resolve, conditions such as Ulcerative Colitis, Crohn's disease, certain cancers, Type 1 Diabetes, Type 2 Diabetes, Epilepsy, arthritis, etc. The PKD is meant to restore proper metabolism and mucosal barrier integrity. While PKD is extremely efficacious, note that interventions adopted within CM are not meant to replace that of your primary care physician, nor do they claim to treat any medical condition. CM is a health-building clinic, not a disease-treating clinic.

Rationale Behind CM?

Most of the rationale that drives Carnivora Medicine stems from the documented work of Paleomedicina/ICMNI out of Hungary. By and large, the group aims to remove all potential allergenic foods and food additives, focusing primarily on a meat and meat-fat-based Paleolithic Ketogenic Diet (PKD). Dairy and most plant foods are excluded. Some "paleolithic" or non-starchy plant foods are accepted in small amounts on an individual basis.

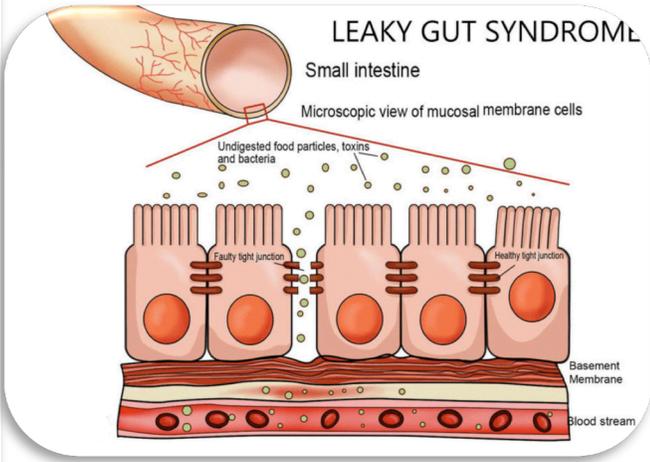
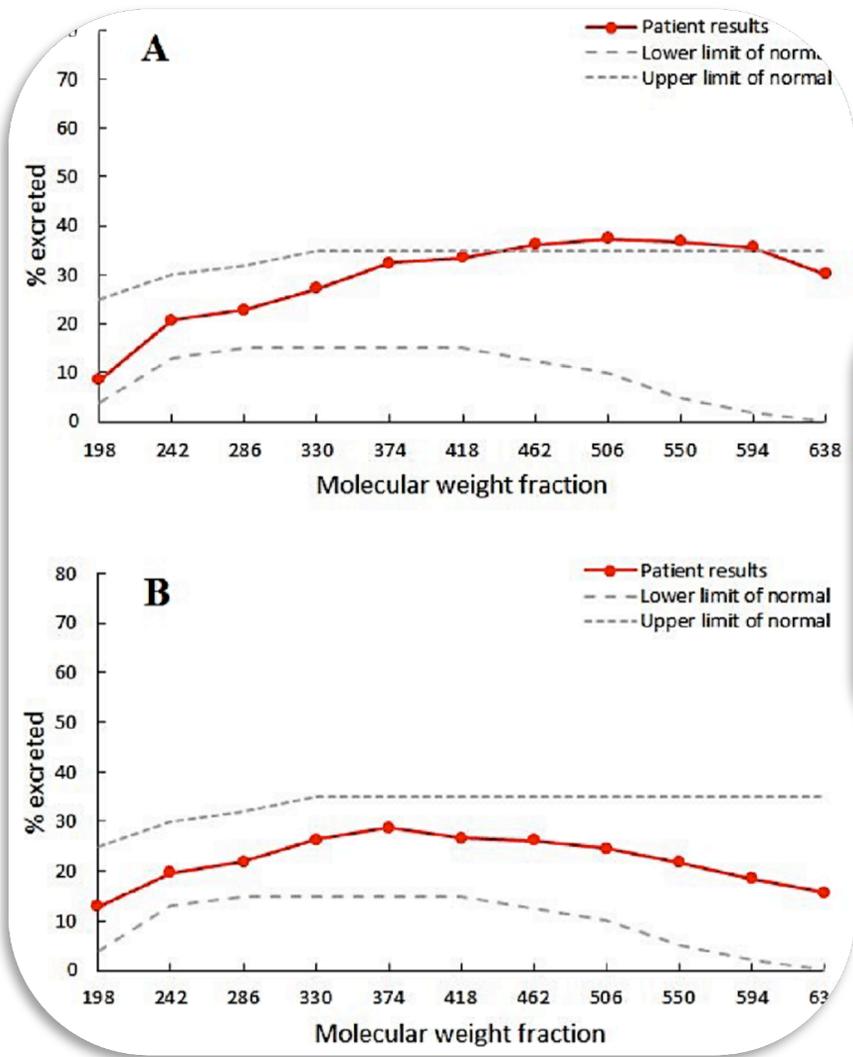
In addition, a defined state of therapeutic ketosis is desired as well as normalized intestinal permeability (IP), or "leaky gut" as recognized by most. The PKD is the **only** dietary intervention shown to normalize intestinal permeability through the PEG400 Challenge Test. Paleomedicina has documented numerous cases in which a normalization of intestinal permeability, confirmed by PEG400 testing, results in improvement of many of the aforementioned conditions and accompanying symptoms.



What is the PEG400 Challenge Test?

The small intestine digests and absorbs most nutrients. However, it also acts as a selective barrier, allowing certain substances to enter the bloodstream and keeping unwanted substances out of the bloodstream. This selective gut barrier is an integral part of the immune system, and is maintained by “tight junctions” between enterocytes (gut epithelial cells). When these tight junctions break down, certain substances of larger size and molecular weight are absorbed and can result in a wide array of conditions and symptoms.

The Biolab PEG400 Test determines the degree of intestinal permeability (aka “leaky gut”) an individual may or may not have. The PEG400 is a sensitive test that diagnoses tight junction activity and hyper-absorption states across certain sizes and molecular weights of absorbable molecules. It also can also provide a means of determining recovery of gastrointestinal function and individual response to ingested food, supplements, etc. Below is a sample pre- and post-intervention result.



Ketosis vs. Glucose-based Physiology

	Ketosis	Glucose-based (including the carnivore diet)
ATP produced (from the same amount)	2.6 x ATP	1
Need for oxygen	Low	Elevated
Need for vitamins	Low	High
Need for antioxidants	Low	High
Need for digestive juices	4000-5000 ml	8000-10000 ml
Food amount needed	350-450 g	1500-3000 g
Need for water	400-700 ml	1500-2500 ml
Need for protein (nitrogen balance)	~ 60 g	~ 55 g
Need for carbohydrate	0	Even 600 g
Storage	No	Yes
Insulin level	Low	High

How Does CM Work? The Basics.

With the understanding that CM aims to build health, not treat disease, we follow a very straightforward protocol. A brief outline is below.

1. Initial Consultation
 - a. History
 - b. Order initial PEG400 Challenge Test
 - c. Order any other necessary laboratory testing
2. Intervention
 - a. Paleolithic Ketogenic Diet
 - b. Any supplementation deemed necessary
 - c. Initial phase 4-6 weeks
3. Retest and Reevaluate
 - a. Order follow-up PEG400 Challenge Test
 - b. Order any other necessary follow-up laboratory testing
 - c. Symptom check-in
 - d. Determine intervention modifications if applicable
4. Repeat steps 2 & 3 as needed.

Who is CM for?

Anyone suffering from any condition and looking to restore his or her health through ancestral means can possibly benefit with a CM framework. There are no contraindications. Again, note we are not treating any disease or condition.



About the Doctor

Dr. Brad Gloyeske (DC) is a chiropractic physician, functional medicine provider, and also working toward a Board Certified Ketogenic Nutrition Specialist certification. Dr. Brad is a former division 1 collegiate athlete and ran cross country and track at Northern Kentucky University. He earned his Bachelor of Science in Exercise Science there and went on to Logan University where he received his doctorate.

He has been through numerous health challenges starting in childhood that made their way through early adulthood. He found his answers and good health through countless hours of research, years of self-experimentation with several rounds of trial and error. He now helps patients and clients find their own way back to health and has been doing so since 2016. He's married to his beautiful wife, Dr. Mandy Gloyeske (DC) and has a wonderful young daughter, Kendall Skye. They both practice together in Oxford, Ohio.



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